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ABSTRACT

Focusing on the rich heritage of North American cooking, this resource encourages teachers of elementary and middle school students to use cooking experiences when teaching about U.S. history. More than 100 recipes are grouped by historical periods, by the cultural groups, or regional areas which influenced food preferences at that time. Recipes have been carefully researched and selected to reflect the practices of the period. Chapter titles are: (1) "Native American Indians"; (2) "The Colonial Period"; (3) "The Revolutionary War"; (4) "Westward Expansion"; (5) "The Civil War"; (6) "The Northeast"; (7) "Mid-Atlantic States"; (8) "The Southeast"; (9) "The Midwest and Prairies"; (10) "The Southwest"; and (11) "The West." Word lists, library links, and resource lists, including fiction and nonfiction books, films, videos, and CD-ROMS, are included at the end of each chapter. Appendices provide answers to library links, food measurements, altitude adjustments for baking, and a glossary of cooking terms. (Contains an index.) (MM)

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